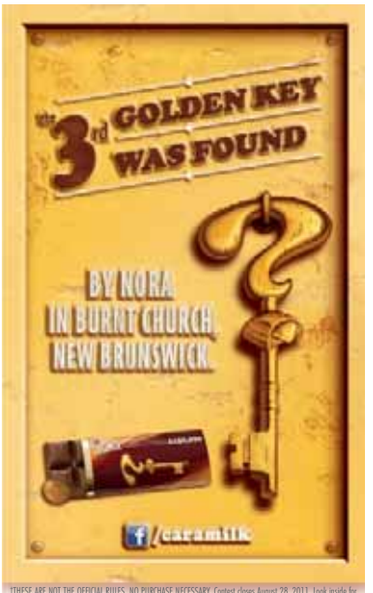
Wednesday's Jackpot
$7,000,000
estimated
LOTTO 649

NFL IS BACK!
PLAYERS OK DEAL TO END LOCKOUT {page 22}



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TORONTO metro®
Tuesday, July 26, 2011
www.metronews.ca
News worth sharing.

Woman alleges mayor gave her vulgar salute

Facebook post claims Rob Ford raised middle finger to mother and daughter when allegedly caught using cellphone while driving

Rob Ford is getting a thumbs-down on social media after a Facebook post described an unexpected encounter with the mayor Friday night at the Dundas-Spadina intersection.

According to the post, Ottilie Mason and her six-year-old daughter pulled up next to Rob Ford and spotted him talking on his cellphone while driving. So they did what they always do when they dislike something.

They gave him a thumbs-down, and Mason rolled down her window and said: "Get off your cellphone."

Mason says Ford responded by giving her the finger.

"I'm shocked. I had to drive around the block to calm down," said Mason, who was dropping off her daughter's babysitter in the Kensington Market area.

Ford didn't roll his window down and continued his phone conversation, she said.

The mayor's office would not comment or confirm whether the incident happened.

"Elected officials are held to a certain expectation of respect. When they are caught doing something obviously wrong and dangerous, you say sorry and that's done with it," Mason said.

"What can I say to that? I'd accept your apology. But it made me madder that he reacted the way he did."

FACEBOOK.COM

▶ Ottilie Mason with her daughter Delilah.

"I know he has major work to do and a huge population to be responsible for, but he could have said 'I'm sorry.' We all make mistakes."
OTTILIE MASON

Mason, an artist and designer, says she was driving east on Dundas, and Ford was driving a beige minivan with a licence plate that said "ROBFORD."

She has never been a Ford supporter and disagrees with his policies, she said. This incident confirms her opinion of him, she added.

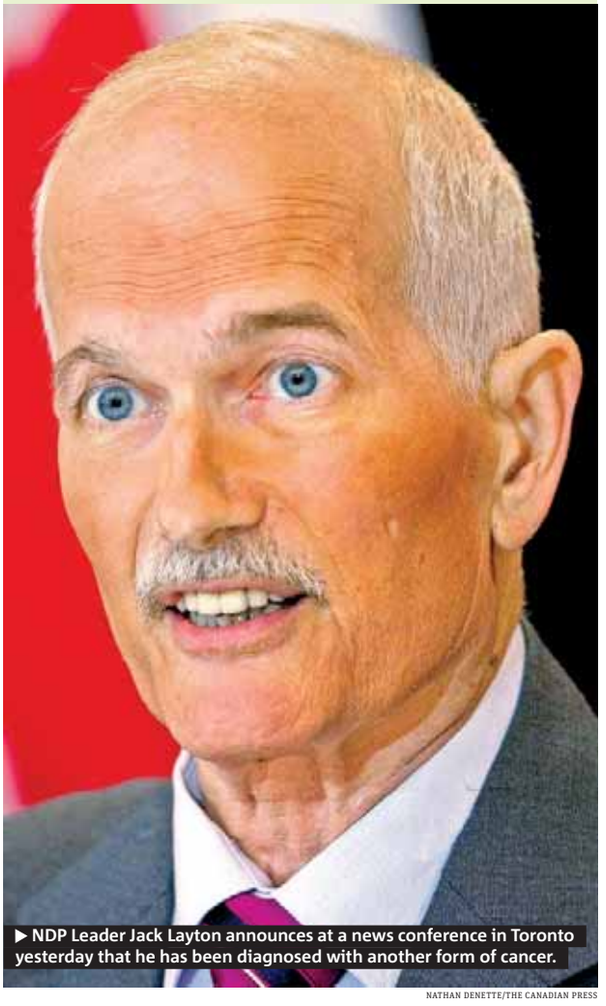
Her post has been shared on Facebook and Twitter, eliciting both angry and skeptical responses.

A man who shared the post on Facebook said: "I'm unsure if this is true ... but I wouldn't be surprised."

A comment on Mason's post said, "He is a bully and obviously feels that he is above the law. He only cares about himself. He didn't care that a woman and child saw the finger."

The cellphone in question itself is the stuff of legend. Ford is famous for inviting constituents to call him on his cellphone to discuss grievances with the city — even responding to phone calls when he was in the hospital with a kidney stone.

TORSTAR NEWS SERVICE



▶ NDP Leader Jack Layton announces at a news conference in Toronto yesterday that he has been diagnosed with another form of cancer.

NATHAN DENETTE/THE CANADIAN PRESS

Layton takes up new fight

Only three months after riding Jack Layton's personal popularity to a historic electoral breakthrough, New Democrats are confronting the tragic possibility that they'll have to soldier on without their charismatic leader. A frail, raspy-voiced Layton, who has been battling prostate cancer and a recent hip fracture, announced yesterday that he's been diagnosed with a new form of cancer. The 61-year-old said he's taking a temporary leave of absence in order to "focus on treatment and recovery." More coverage, page 4.

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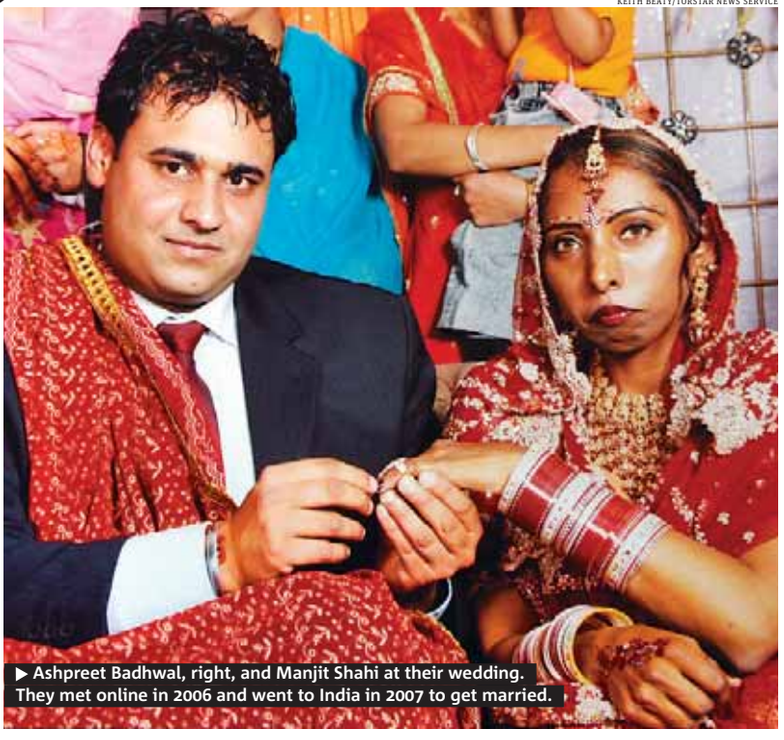
‘Runaway groom’ hits back

Man sues Canada Border Services Agency, estranged wife, immigration minister after leaving Canada

KEITH BEATY/TORSTAR NEWS SERVICE



▶ Ashpreet Badhwal, right, and Manjit Shahi at their wedding. They met online in 2006 and went to India in 2007 to get married.

A 31-year-old man in India is suing the Canada Border Services Agency for $10 million, claiming he was pressured to surrender his permanent resident card, landing documents and to leave Canada.

“I was treated very badly ... I had no choice but to leave Canada,” Manjit Shahi said in a phone interview from Punjab.

He is also suing his estranged wife, Ashpreet Badwal, Immigration Minister Jason Kenney and two former Liberal MPs.

Shahi is the “runaway groom” whose story ignited a maelstrom about fraudulent marriages in the Toronto area last summer.

It started in 2006 when Shahi, who lived in England at the time, met Badwal online. She travelled to India the following year where they married.

Badwal, who lives in Brampton, is 36, five years older than Shahi, has polio and needs a wheelchair.

On returning to Canada, she filed an application to sponsor her husband in March 2008. The application was rejected because of age difference and compatibility issues, Badwal told the Toronto Star last year.

She hired a high-profile Bay Street law firm to fight her case and won on appeal, spending thousands of dollars in the process.

“Everything he is saying is false ... all nonsense. I have had enough of him.”
ASHPREET BADWAL ON HER ESTRANGED HUSBAND

On June 26, 2010, Shahi got his Canadian visa. Two days later, he was on a British Airways flight to Toronto. Badwal said Shahi fled from the airport and she never saw him.

Shahi has always refuted that, reducing it to a he-said, she-said smackdown.

He voluntarily left Canada in December.

Shahi, who has also named former Liberal MPs Gurbax Malhi and Ruby Dhalla in the lawsuit, claims they overstepped their jurisdiction when they wrote letters to the immigration minister asking that Shahi be deported.

There was no comment from either the CBSA or Kenney’s office yesterday.

The claims have not been proven in court and no statement of defence has been filed.

TORSTAR NEWS SERVICE

Shahi’s allegations

In a notice of motion filed in the Federal Court in Toronto last month, Shahi says Border Services Agency officers handcuffed him and detained him for 10 days but never showed any arrest warrants or charges against him.

Shahi said border agents never told him what evidence they had of misrepresentation or fraud.

He said he lost his job because of the detention and didn’t have any money to fight his case.

“I didn’t have a place to stay, food to eat or money for a lawyer,” said Shahi. “I had no choice but to leave.”

Shahi said his permanent resident card and original landing documents were taken from him on Nov. 24. He is asking they be returned.

TORSTAR NEWS SERVICE

Oshawa councillor won’t face audit over televised makeover

CONTRIBUTED

▶ Amy England’s poster for ‘The Candidate.’

Personal grooming is not an election expense, a committee has decided after denying a resident’s request to audit an Oshawa councillor’s campaign costs because she had a televised beauty makeover.

Amy England was transformed from college student to polished professional before last fall’s election, prompting accusations by Bill Steele that she failed to report personal-care gifts, services and publicity worth an estimated $200,000.

In seeking a compliance audit, Steele, who failed in his bid for a council seat, said England “unfairly used a reality TV show ... to get votes.” He called the 30-minute segment, which aired on W Network last July, a “huge advantage.”

England, 30, received wardrobe and makeup help as well as dental and laser eye treatments in an episode of Rags to Red Carpet called “The Candidate.”

The regional councillor reiterated yesterday that she hadn’t done anything wrong, saying she had “an outpouring of support from the community.”

The panel, as is common, gave no reasons for their decision.

Steele was surprised by the outcome.

“I still feel I’m 100 per cent right,” he said.

TORSTAR NEWS SERVICE

News in brief

Ball hockey tourney aims to do some good

MISSISSAUGA. On Saturday, Aug. 6, kids in the GTA will have a chance to play and learn alongside their hockey heroes to help raise money for a worthy cause at the first annual Allstate Charity Ball Hockey Tournament.

Held at the Hershey Centre in Mississauga, the tournament will be a jam-packed day of round-robin tournament action and appearances by some of hockey’s big names, including NHL star Brayden Schenn of the Philadelphia Flyers and Tessa Bonhomme and Meghan Agosta of the gold medal-winning Canadian women’s hockey team.

The tournament will also give young players and their families the opportunity to enjoy skills sessions with professional athletes, face-painting, music, games and more.

All proceeds from the day will support Big Brothers Big Sisters of Peel.

For a limited time, teams can register for an early bird fee of $50 at allstateballhockey.ca.

METRO

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1 news

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NDP leader makes his pick for interim replacement

Jack Layton has endorsed an interim leadership replacement because she's experienced, bilingual and, most importantly, she will not likely ruffle too many feathers.

The New Democrat leader recommended rookie Quebec MP Nycole Turmel as the temporary party leader while he undergoes cancer treatment.

The former leader of the Public Service Alliance of Canada has only sat in Parliament for less than three months — but she does have three decades' experience working in the union movement. She was the top union official representing workers in the federal civil service.

Layton says Turmel is an experienced national leader who has already earned the unanimous support of her colleagues in becoming the party's national caucus chair.

THE CANADIAN PRESS

FRED CHARTRAND/THE CANADIAN PRESS

▶ Nycole Turmel

Jack Layton giving cancer his full attention

NDP leader was cagey on details of battle with prostate cancer ◐ New diagnosis catches many in party by surprise

Jack Layton doesn't do politics halfway, it's always full throttle.

Those who know the NDP leader well speak of his tireless affection for political life, even the most banal barbecues, meetings and endless hours on the phone. That stubborn focus on the game was in full display during the last federal campaign, as he defied the doubters and hobbled across the country at top speed with an injured hip.

But something else is demanding his full attention, and this time Layton is forced to obey.

The veteran politician announced yesterday that he is battling a new form of cancer and is temporarily stepping down as leader of his party to focus on getting well.

"I think that could work in his favour. It might be one of the reasons that (wife) Olivia and his medical team are saying you have to step away because you need to give battling this cancer and winning 100 per cent focus the same way you give leading a political party," said Ian Capstick, former press secretary to Layton.

"This isn't a guy that just lets the political party run itself. He acts as the CEO with a lot of vice-presidents. That's what I think he's now going to do with the cancer."

His normally hearty voice, which he has no trouble throwing across a crowded room, was weak and raspy. His suit jacket was several sizes too big, his face so thin he appeared suddenly elderly.

But following the May 2 election, Layton appeared to be making a full recovery, energetic in the House of Commons and religiously following a new diet and exercise regime with the help of his wife, MP Olivia Chow. His mother-in-law, Ho Sze Chow, who lives with the couple, has helped with traditional Chinese treatments.

THE CANADIAN PRESS

Twitter support

Well-wishers flooded Twitter yesterday with messages of support for Jack Layton after he announced his new cancer diagnosis. Here's a sampling — along with Layton's response.

- **@pmharper** Stephen Harper: I salute the courage @jacklayton continues to show in his fight against cancer. I wish Jack a successful recovery. #getwelljack
- **@Dalton_McGuinty:** Joining with all Canadians to wish @jacklayton a speedy recovery.
- **@iamdavidmiller:** Jack Layton was incredibly brave and inspiring today. Get well, bon Jack, get well. #NDP
- **@tomayorford** Jack, wishing you and your family all the best - you have always been a fighter
- **@ElizabethMay:** Temporary leave of absence for Jack Layton to get well. Praying for his full recovery. As are all Canadians.
- **@jacklayton:** Your support and well wishes are so appreciated. Thank you. I will fight this — and beat it.

Miss. Teen Canada

▶ Lauren Howe

CONTRIBUTED

Toronto teen crowned

Toronto's Lauren Howe, 18, has been crowned as the new Miss Teen Canada-World, beating out 74 girls from across Canada in the competition, held at the Queen Elizabeth Theatre on Sunday. Howe won the title of Miss Teen Ontario-World in November. She will be travelling to Houston in early August to compete in the Teen World Competition.

Total Recall filming causes total gridlock

Last year's news that the 1990 Arnold Schwarzenegger sci-fi flick Total Recall would be remade was greeted with a healthy dose of skepticism.

You can add some Toronto drivers to that list of naysayers.

Yesterday, motorists on Lake Shore Boulevard were greeted by a sign warning them to "expect major delays" because the road was closed between Parliament and Jarvis streets. Police blocked the road because Total Recall, starring Colin Farrell in Schwarzenegger's old role, was filming there.

Visibly irritated motorists were forced to detour to the Esplanade, which was jam-packed heading west, or head south to Queens Quay, which caused gridlock there and on Lower Jarvis Street as cars made their way back north.

TORSTAR NEWS SERVICE

RENE JOHNSTON/TORSTAR NEWS SERVICE

▶ A futuristic car from the remake of the movie Total Recall sits on Lower Jarvis with production crew. Lake Shore Boulevard will once again be closed today from Jarvis to Parliament between 5 a.m. and 9 p.m. to allow for the shoot.

Hollywood north

- Movies filming on location are a regular sight in Toronto, but it's rare for a major road to be completely shut down for a shoot.
- Total Recall is a rare production, though — the largest in Toronto's history, with a reported $200-million budget. That surpasses 2008's The Incredible Hulk, which cost $150 million to make.

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MAPLE
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MILTON
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MISSISSAUGA
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Dixie Value Mall
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North York Sheridan Mall
Sheppard Centre
Yorkgate Mall

OAKVILLE
Hampshire Gate at Dundas
Oakville Place

ORANGEVILLE
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OSHAWA
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Oshawa Centre

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Norway suspect says two other terror cells remain

- Dramatic reduction in death toll to 76 adds to a list of police missteps
- Those calling emergency told to stay off lines unless reporting bombings

Author's regret

An author cited in the Norway massacre suspect's rambling, 1,500-page manifesto expressed regret yesterday that her writing might have served to inspire his rampage.

- Gisele Littman's 2005 book Eurabia: The Euro-Arab Axis explores the relationship between European and Muslim countries.
- Breivik cites Littman's work approvingly many times in the document he posted before Friday's attacks.
- Littman said yesterday some Europeans harbour a suppressed fear of Islamic colonization.

The self-described perpetrator of the mass killings in Norway told authorities there that he expects to spend the rest of his life in prison but two other cells in his terror network could still launch attacks, officials said yesterday.

Anders Behring Breivik has admitted bombing Norway's capital and opening fire on a political youth group retreat, but he entered a plea of not guilty, saying he acted to save Europe from Muslim immigration.

Prosecutor Christian Hatlo told reporters that Breivik was very calm and "seemed unaffected by what has happened." He said Breivik told investigators during his interrogation that he never expected to be released.

Breivik alluded to two other "cells" in a network he describes as a new Knights Templar, the medieval crusaders who protected Christian pilgrims in the Holy Land. At one point, a manifesto he released shortly before the attack briefly refers to an intention to contact two other cells — a term he says refers to "small, autonomous groups" led by individual commanders.

THE ASSOCIATED PRESS

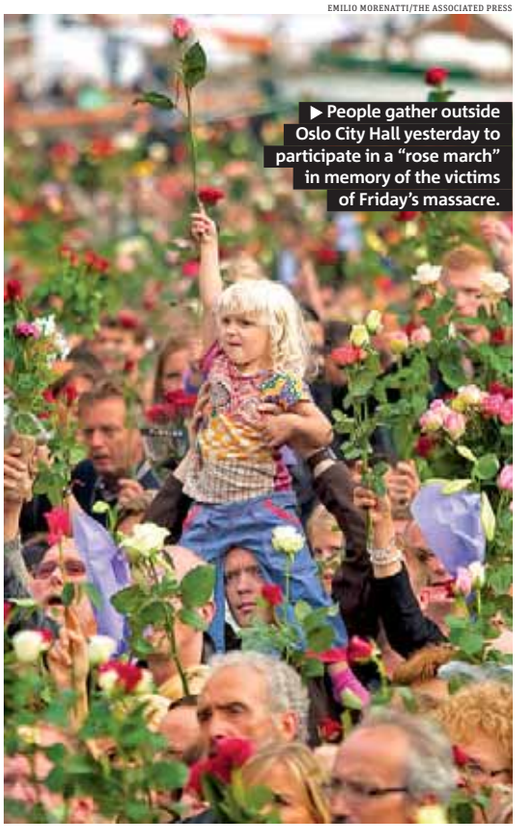
▶ Anders Behring Breivik

Police announced, meanwhile, they had overcounted the number of people slain in a shooting spree at a political youth group's island retreat and were lowering the confirmed death toll from 86 to 68.

The overall toll in the attack now stands at 76 instead of 93. Police spokesman Oystein Maeland said that higher, erroneous figure emerged as police and rescuers were focusing on helping survivors and securing the area.

THE ASSOCIATED PRESS

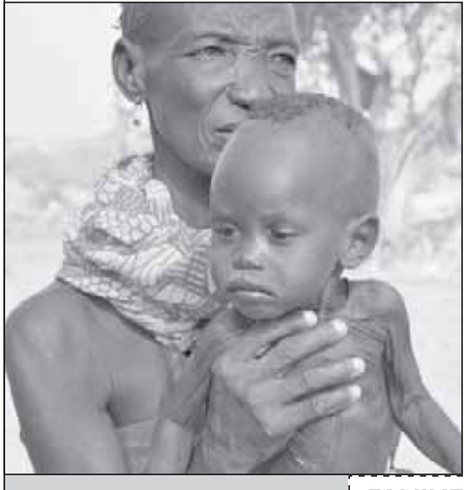
EMILIO MORENATTI/THE ASSOCIATED PRESS



▶ People gather outside Oslo City Hall yesterday to participate in a "rose march" in memory of the victims of Friday's massacre.

World Vision

URGENT: Famine in Africa



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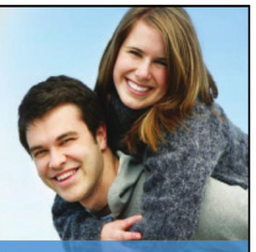

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DAVID DUPREY/THE ASSOCIATED PRESS

▶ Couples are married in a group same-sex marriage in Niagara Falls, N.Y., yesterday.

Gay marriage foes sue

Claim three-day waiting period was improperly waived

Opponents of New York's gay marriage law filed the first lawsuit challenging the measure, an anticipated salvo that came yesterday as dozens of same-sex couples exchanged vows in a group ceremony overlooking Niagara Falls a day after the first gay weddings.

A representative of New Yorkers for Constitutional Freedoms and a rabbi said in a lawsuit filed in state court that New York's senate violated its own procedures and the state's open meetings law when it approved the bill last month.

The lawsuit claims senate didn't follow procedures that require a bill to go through appropriate committees before a full senate vote.

The lawsuit also claims that promises of campaign contributions were made to Republican senators who voted for the bill.

Opponents of the gay marriage law had promised lawsuits.

Yesterday, a mass wedding in Niagara Falls saw 46 same-sex couples exchange vows, and 100 more couples were expected to marry en masse at Bethpage State Park on Long Island, N.Y., today.

THE ASSOCIATED PRESS

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New Orleans Air + 3 Nights 4-Star $499
Sheraton New Orleans + taxes & fees $127
INCLUDES accom near French Quarter. Departs Sep 4, 11, 18, 25/ggv/us. ADD swamp and bayou tour for $49.

San Francisco Air + 3 Nights $579
Stratford On The Square + taxes & fees $134
INCLUDES Union Square accom. Departs Nov 30/ggv/us. UPGRADE to 4-star Marriott San Francisco Marquis for $28 per person.
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London Air + 7 Nights $625
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Crash may derail China's bullet train ambitions

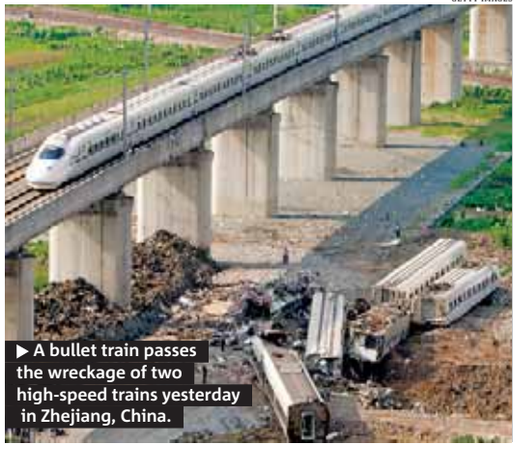
High-speed rail's prestige on par with space program

Doubts about China's breakneck plans to expand high-speed rail across the country have been underscored by a bullet train wreck that killed at least 39 people.

One train rammed into the back of another that had stalled after being hit by lightning Saturday in China's deadliest rail accident since 2008. Six carriages derailed and four fell about 20 to 30 metres from a viaduct. More than 190 people were injured.

Railways Minister Sheng Guangzu has apologized to the victims of the crash and their families. The U.S. Embassy in Beijing said two U.S. citizens were among the dead. The Italian Foreign Ministry said a 22-year-old Italian woman was killed while another Italian was injured.

GETTY IMAGES



▶ A bullet train passes the wreckage of two high-speed trains yesterday in Zhejiang, China.

The Railways Ministry and government officials haven't explained why the second train was apparently not warned there was a stalled train in its path.

One expert said he thought human error may have been involved.

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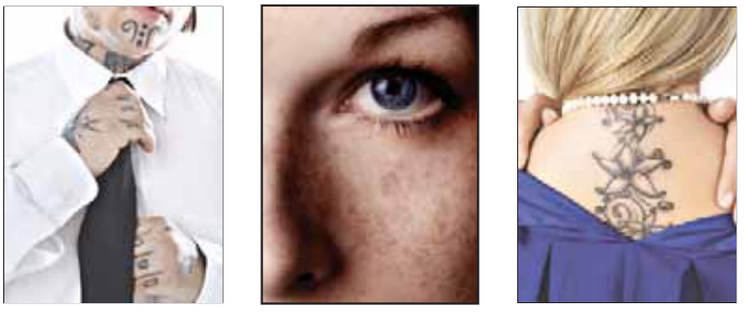

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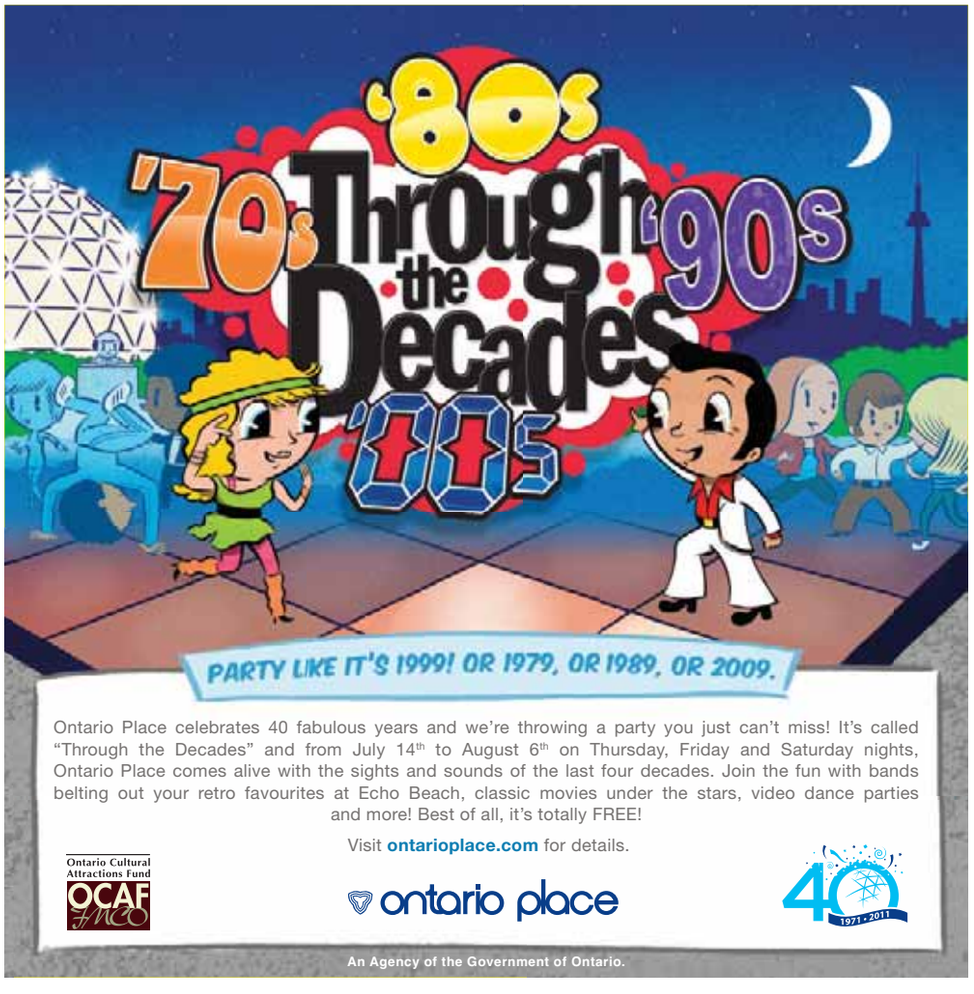

Ontario Place celebrates 40 fabulous years and we're throwing a party you just can't miss! It's called "Through the Decades" and from July 14th to August 6th on Thursday, Friday and Saturday nights, Ontario Place comes alive with the sights and sounds of the last four decades. Join the fun with bands belting out your retro favourites at Echo Beach, classic movies under the stars, video dance parties and more! Best of all, it's totally FREE!

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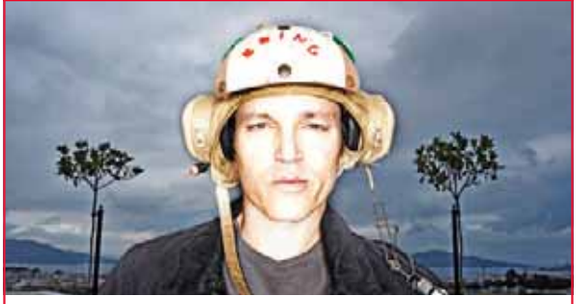

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RIM axing 2,000 jobs

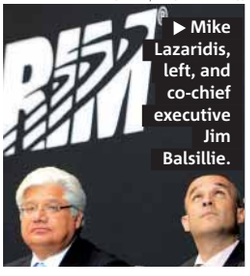
BlackBerry maker facing stiff competition from iPhone, Android phones

Research In Motion will cut 2,000 jobs or about 11 per cent of its global workforce this year to reduce costs in an increasingly competitive smartphone and tablet market in which consumers are increasingly turning to Apple and Android products.

The BlackBerry maker provided the details yesterday, about a month after announcing it would reduce its workforce.

The job cuts are the largest in the Canadian technology icon's history and come after several years of rapid global growth and expansion.

DAVE CHIDLEY/THE CANADIAN PRESS



▶ Mike Lazaridis, left, and co-chief executive Jim Balsillie.

RIM, based in Waterloo, Ont., currently has about 19,000 employees across its operations so the latest cuts amount to 11 per cent of the workforce, much of which is located in southwestern Ontario.

Employees based in North America will begin to receive their notices this week, while those in most other countries will be told at a later date, the company said.

RIM's PlayBook tablet, which met expectations of selling 500,000 in the recent quarter, has received lukewarm reviews compared with Apple's iPad.

The company responded by launching a plan to reduce its costs, and started by laying off about 200 employees in Waterloo in late June, though the company declined to confirm the number.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 58.68 (13,435.95)	+ 0.37¢ (105.73¢ US)

Oil	Natural gas 1,000 cu ft
- 67¢ US ($99.20 US)	$4.386 (- 1.3¢)

Gold contracts $1,612.20 (+ $10.70)

OMERS buys rehab firm

The pension fund for Ontario government workers, OMERS, has agreed to act as a partner in a management-led buyout of Accelerated Holdings, a physical rehabilitation services company based in Chicago.

THE CANADIAN PRESS

Bullion. Prices

▶ Russell Oliver, who runs a cash-for-gold business, holds some gold at his Toronto store.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

Investors struck by gold fever

Experts say consumers will be paying more for gold jewelry in the coming months as the price of the precious metal could break the milestone of $2,000 US per ounce. Gold hit a record high of $1,619 US per ounce yesterday. With credit rater Moody's downgrading Greece's bond ratings, and with the United States struggling to raise its debt ceiling, investors are flocking to the security of gold.

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TABLE FOR TWO, PLEASE ... NON-CHILDREN

SHE SAYS ...

JESSICA NAPIER
METRO

Earlier this month, I read a news story about a Pennsylvania restaurant owner who has decided to ban children under the age of six at his establishment. While outraged parents condemned the restaurant for discriminating against their brood, some clientele welcomed the new policy, breathing a heavy sigh of relief knowing that their next $30 entrée wouldn't be served up with a side of screaming toddler.

Misbehaved children, and their seemingly oblivious guardians, can reduce a pleasant dining experience to an evening of exasperated eye-rolling. There have been plenty of times that I've given up on dessert or another glass of wine in order to get away from the piercing sound of a four-year-old in the middle of a temper tantrum.

So should the parents of these bratty customers be more considerate of their fellow patrons and leave the kids at home when dining out?

Some would argue that parents should be entitled to enjoy a meal with their offspring without being subjected to dirty looks from the next table. However, in my opinion, letting your precious angels run laps around the dining room or shriek hysterically while being force-fed broccoli is inexcusable. If you are unwilling or unable to control your children, you might want to skip the high-end restaurants and opt for a Happy Meal instead.

"Irresponsible parents and their squealing spawn should be banished to family-friendly restaurants that provide crayons with their kids' menu. Sure, the food at these playground snack bars isn't exactly top-notch, but you have to sacrifice a little if you want arcade games as an appetizer."

Irresponsible parents and their squealing spawn should be banished to family-friendly restaurants that provide crayons with their kids' menu. Sure, the food at these playground snack bars isn't exactly top-notch, but you have to sacrifice a little if you want arcade games as an appetizer.

But while misbehaved tots can be a serious annoyance, I've seen plenty of adults over the years who are just as bad, if not worse, when it comes to mealtime manners.

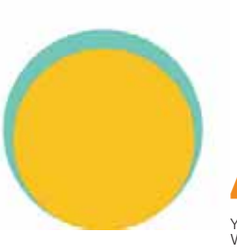
Grown-ups should know better but often they don't. They snap their fingers at the serving staff, request so many modifications they might as well eat at home and linger at the table while a lineup stretches out the door. Of course, the worst restaurant-goers are those who insist on conducting obnoxious cellphone conversations mid-meal with no regard for their dinner date or the increasingly annoyed patrons around them. The loudmouth suit screaming into his BlackBerry is just as disruptive as the little ones shrieking over their vegetables. Small children may not be ideal dinner companions, but there are also plenty of adults out there who could use a crash course in dining etiquette.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

After the phone-hacking scandal, is Rupert Murdoch's era of influence over?



54%
NO. HE'S STILL BEAMED INTO THE MINDS OF MILLIONS

45%
YES. HIS FATE WAS SEALED WITH A PIE ATTACK

Local tweets

- **@pberard:** Somebody should warn cancer that Jack Layton, the Canadian Chuck Norris, is coming after it.
- **@gerrynic:** If raw courage conquers cancer, Jack Layton will be back soon!
- **@fortunafilius:** Keep fighting the good fight #JackLayton! I sincerely hope you get well soon & strive to make this country a better place! #fightcancer
- **@_ashleycoco:** So sad to hear Jack Layton is battling cancer. Get well!
- **@mrsmacknight:** I feel very sad 2 hear the news of Jack Layton fighting cancer. He looked very frail @ press conference. I wish you well as u fight ur fight
- **@ruby_n:** Wishing Jack Layton a speedy recovery...he is so dedicated to and passionate about Canada - he deserves to lead it.
- **@droppshado:** Warm wishes to #JackLayton and his family from #Toronto for a speedy and full recovery. #NDP #getwelljack
- **@bobbyjnoble:** #jacklayton love to you, Olivia, family. We are many who fight beside you. From a long NDP line of fighters who always carry the fight fwd.

Worth mentioning

HAPPY MEALS. Emotions can be modified by the intake of food even when people don't taste the food or realize they are receiving nutrients, new research indicates. Participants in a study were blinded as to the nature of a intragastric infusion, and had 40-minute fMRI neurologic scans as they provided responses about their mood, fullness, hunger or nausea.

Sad or neutral emotions were induced with music played through headphones and with images of facial expressions depicting either sad or neutral emotions back-projected onto a screen.

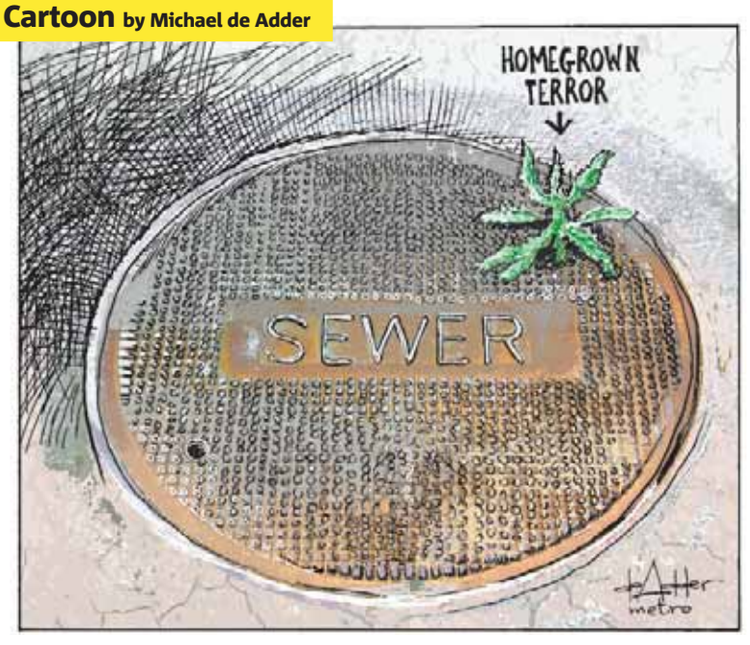
Hunger scores rose during sad emotion and decreased during neutral emotion conditions. The effect of a sad mood was weakened by fatty acid.

"The novelty lies in the fact that it's purely subliminal or what we call unconscious brain signalling happening here," said lead author Dr. Lukas Van Oudenhove.

"Something I like about this study is that it starts from the body, from the stomach, and it goes to the brain," said Dr. Giovanni Cizza.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

This is how you end up waking up in Vegas

One day in the spring of 1979, Arthur Gerald Jones, a well-connected Chicago financier and father of three, left his posh home to run an errand and vanished, never to return.

Despite the FBI's best efforts to figure out what happened to the powerful commodity trader, no trace was ever found of Jones. In 1986, an Illinois court declared him dead, and social security paid $47,000 in survivor benefits to his wife and children.

But late last week, the shroud of mystery enveloping the 32-year-old case was suddenly pulled back when Jones, now 72, was discovered living in Las Vegas, where he has been working as a bookie at a casino.

According to a court affidavit, Jones told a special investigator with the Social Security Administration that he had a seat on the Chicago Board of Trade as a commodities trader, but was forced to sell his seat to pay off a debt incurred when he made a trading error. He lost his job in the process and, fearing what investigators have speculated may have been relations with the Chicago mafia, Jones decided to leave his wife of 17 years and family.

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2 scene

New album

After more than four years, Leslie Feist is finally ready to release a new album. The eight-time Juno winner has announced that her fourth full-length, Metals, will be released on Oct. 4. The 12-song album was recorded with usual collaborators Chilly Gonzales and Mocky.
THE CANADIAN PRESS

Now out of The Office, Steve Carell cranks up movie career with type of film he loves.

A career in high gear

After finding success on TV's The Wire, Idris Elba launches his career with a slew of new movies that have a comic book theme Metro caught up with the rising star at Comic-Con

NED EHRBAR
MWN IN HOLLYWOOD

GETTY IMAGES

▶ Actors Idris Elba and Nicolas Cage speak at a Ghost Rider: Spirit of Vengeance panel during Comic-Con 2011 in San Diego last week.

Between last year's the Losers, this year's Thor and next year's Ghost Rider: Spirit of Vengeance, British actor Idris Elba seems to have a thing for comic book adaptations.

But there's still one superhero that's eluded him: Avengers member Luke Cage. Not that he's complaining, mind you.

Between two Emmy nominations, Ridley Scott's upcoming Alien prequel, Prometheus, and Guillermo del Toro's Pacific Rim, which starts shooting in October, the former Wire star has plenty to keep him busy.

Metro caught up with Elba in the middle of the Comic-Con madness for a status update.

What are you most excited to see or do while at Comic-Con?
Dude, I don't get to do anything. I do like seeing the audience react to what we've got to show them for Ghost Rider, because I just saw it and it's phenomenal.

You've been doing very well with comic book movies lately.
Well, two films, two characters, really. And the Losers as well.

I thought that film was good. It had a lot of opportunity to be better — not better but more well received. It didn't quite do it, but I liked the film. I thought it was well directed. Sylvain White did that, and he's great.

Speaking of comic book characters, you've mentioned wanting to play Luke Cage in a film.
I'd like having a shot at that. But listen, we need to know there's an appetite for that. I need the audiences that like Luke Cage to come up and say they want to see a Luke Cage film with me in it.

I'm part of the Marvel family, and I think now they might be aware that there's this little appetite to do it, but at the same time, I'm also part of the Thor story, so we'll see.

What can you tell us about Prometheus?
I have to say, it's an enormous film — enormously rich in its depth, its complexity. The filmmaking is second to none.

It's none other than the great Ridley Scott, and there are some really good actors in it. I can say this: The wait for Ridley to return to a film like that is definitely going to be rewarded with something exciting

You've had a few roles now for which people recognize you. What comes up most?
The Wire, mainly. It was my first American calling card. But now Luther is starting to, and then Heimdall [in Thor], believe it or not. A lot of people are actually like that. It's a tiny part in that film — huge film, tiny part, but it definitely has resonated with some people.

Alice Ripley & Asa Somers in the National Tour of NEXT TO NORMAL. Photo: Craig Schwartz.

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Source Code
Genre: Sci-fi
Director: Duncan Jones
Stars: Jake Gyllenhaal, Michelle Monaghan

Source Code's almost risible collision of the bogus science and cranial confusion recalls Groundhog Day, Inception and Avatar. It also shares the isolation and alienation found in Moon, director Duncan Jones' heralded debut.

Continually returning to its opening scene, the film has Jake Gyllenhaal chatting up Michelle Monaghan on a Chicago commuter train, in a situation meant to remind us of Strangers on a Train. It's more schlock than Hitchcock, but here's where good casting and a little patience pay off.

Gyllenhaal is U.S. army Capt. Colter Stevens, a decorated helicopter pilot who awakens to find himself part of a science experiment. His mind is inside the body of an unknown man, the guy riding the commuter train.

He's informed by a controlling voice (Vera Farmiga) that he's part of a top-secret program called "Source Code," allowing him to twist time, space and DNA to assume another man's identity for the last eight minutes of that person's life.

And these aren't just any eight minutes. That's how long Stevens has to figure out who planted a bomb on the train, part one of a much larger tragedy.

The science is sketchy, to say the least. Jones allows Jeffrey Wright, as the Source Code project head, to ham it up with a wacky professor turn.

Better that Jones should concentrate on the performances, and he gets three fine ones from Gyllenhaal, Monaghan and Farmiga, who invest a good deal of emotion into a farcical situation.

If all else fails, it's a decent thriller at a brisk 93 minutes, including all the repeats. **PETER HOWELL**

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Trigger
Genre: Drama
Director: Bruce McDonald
Stars: Molly Parker, Tracy Wright

Toronto's Bruce McDonald knows how to bottle the lightning of rock 'n' roll, as he's often proved in movies like Roadkill and Highway 61.

So it's no shocker that Trigger is steeped with the wisdom of bruised eardrums and egos, ravaged constitutions and moments where truth bypasses the brain and heads straight for the soul. What may amaze, however, is how perfectly Molly Parker and the late, great Tracy Wright dial into this same vibe.

Their achievement is all the more impressive, knowing the difficulties faced in making the film: A nine-day shoot with scant preparation and a clock ticking for Wright, who succumbed to pancreatic cancer last summer.

As fractious members of the fictional pop duo Trigger, who attempt to reunite after a bitter decade apart, Parker and Wright distill the essence of rock rivalry and regret.

The film's low budget and scant prep time are apparent. But rock is about getting the feeling right, not getting the notes played exactly. And in this Trigger excels, making Wright's final film a tribute to her talents. **PETER HOWELL**

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Cause of death unknown after Winehouse autopsy

Singer's family visits memorial outside home Private funeral to be held today: Source

An autopsy on singer Amy Winehouse Monday failed to determine what killed the 27-year-old star, leaving fans and family with a weeks-long wait for the results of toxicology tests.

Winehouse's devastated parents visited mourners outside her north London home to thank them for their support.

The singer, who had struggled with drug and alcohol abuse for years, was found dead Saturday at home by a member of her security team, who called an ambulance. It arrived too late to save her.

The Metropolitan Police said Monday that a forensic post mortem "did not establish a formal cause of death and we await the results of further toxicology tests." Those are expected to take two to four weeks.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

▶ Janis, the mother of Amy Winehouse, is comforted as she weeps while looking at flowers left by mourners.

An inquest into the singer's death was opened and adjourned at London's St. Pancras Coroner's Court. During the two-minute hearing, an official read out the name, birth date and address of Winehouse, described as "a divorced lady living at Camden Square NW1."

"She was a singer songwriter at the time of her death and was identified by her family here at St. Pancras this morning," said coroner's officer Sharon Duff.

Duff said the scene of Winehouse's death "was investigated by police and determined non-suspicious."

In Britain, inquests are held to establish the facts whenever someone dies violently or in unexplained circumstances. Assistant Deputy Coroner Suzanne Greenaway said Winehouse's inquest would resume on Oct. 26.

The singer's father, mother and brother visited her home yesterday, stopping to inspect the mounds of bouquets, candles and handwritten notes across the road from the Victorian house.

Her father, Mitch Winehouse, thanked mourners for their tributes. "I can't tell you what this means to us — it really is making this a lot easier for us," he said.

THE ASSOCIATED PRESS

Celebrity Tweets

"You know you're dedicated to hooker-pop when your bruises and cuts are shaped like fishnets"

@ladygaga

"Hey rest of the United States, gay marriage is like color tv - eventually everybody was gonna get it"

@billmaher

"If Voldemort is such a powerful wizard, why can't he conjure up a new nose?"

@ConanOBrien

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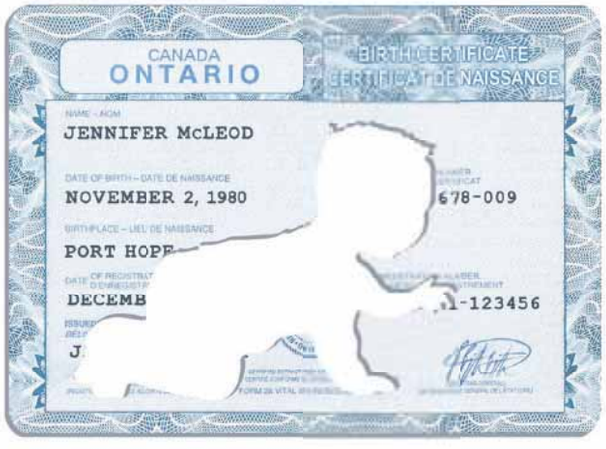

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Ontario

Will the show go on for Glee leads?

While Glee boss Ryan Murphy recently said stars Lea Michele, Cory Montheith and Emmy nominee Chris Colfer would be leaving the show after next season, that may not actually be the case. "Here's the exact thing: [The characters] are seniors, so they're graduating," executive producer Brad Falchuk told the audience at the show's Comic-Con panel, according to TV Line. "But because they're graduating doesn't mean they're leaving the show. If you have Lea Michele under contract, you don't say, 'We're gonna let you go.'"

METRO

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▶ Cory Montheith

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▶ Lea Michele

ISTOCK PHOTOS

▶ Kids who watch too much TV are at increased risk of obesity, hypertension and glucose intolerance.

Turn off and tune in

Children who take in high amounts of television are at heightened risk of chronic disease

CELIA MILNE
LIFE@METRONEWS.CA

Peel those kids away from the TV this summer.

A study conducted at Queen's University in Kingston, Ont., has found that children and adolescents who watched more than four hours per day of TV were 2.5 times more likely to have heightened risks for chronic disease than those who watched less than an hour per day.

The study was looking for cardio-metabolic risk factors, which are signals that the body could be heading in the direction of heart disease and type 2 diabetes.

These included obesity, hypertension, fats in the blood and glucose intolerance.

"These risk factors are becoming more prevalent in children and adolescents," says Valerie Carson, a PhD student in the school of kinesiology and health studies, who was lead author on the paper.

"This particular study found the most significant health risk at greater than four hours per day (of TV). This is concerning because these risk factors can track from childhood to adulthood," she adds.

Carson and her supervisor Ian Janssen, associate professor in the school of kinesiology and health studies at Queen's, took into account age, gender, ethnicity, socioeconomic status, physical activity levels and diet, and still drew the same conclusion.

"Even if children and adolescents are active, if they engaged in high daily TV use, they may still have cardio-metabolic risk factors," says Carson.

For the study, she and Dr. Janssen studied the habits of 2,527 children and adolescents who were enrolled in the National Health and Nutrition Examination Surveys (NHANES).

TV is really quite wicked: other studies have found excessive screen time is linked to increased violence, negative self-image, and higher amounts of smoking, drinking and drug use.

Carson's article was published recently in the journal BMC Public Health.

3 life

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Earache can be side-effect of summer splash season: preventing swimmer's ear

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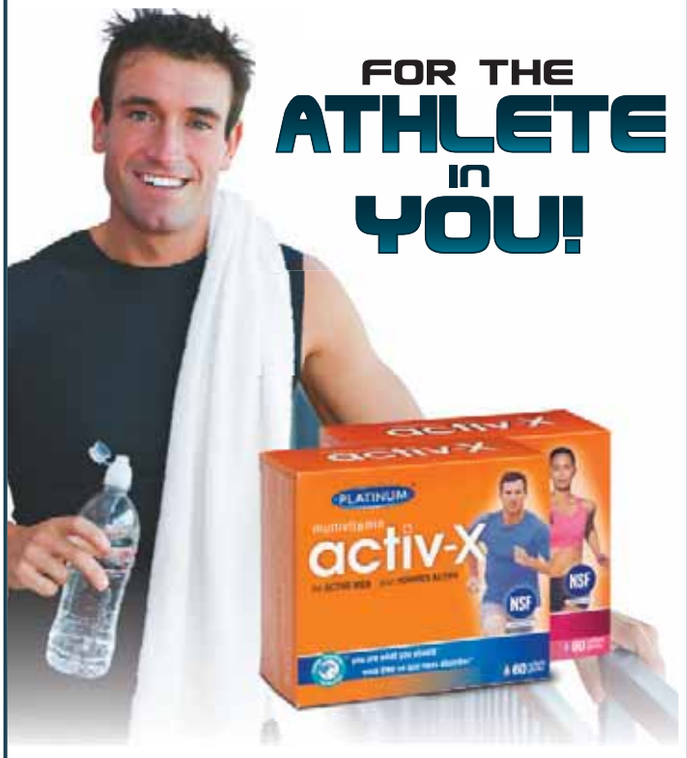

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A total brain,

Maybe you need a two-week vacation Or maybe your signs of stress mean something's seriously wrong Ed and Deb Shapiro, authors of Be the Change: How Meditation Can Transform You and the World, talk to us about signs you're having a nervous breakdown

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The signs

Irrational fear
"Fear, not based on anything sane, is a huge sign. Fear of losing control of the future, the inability to make simple decisions, the loss of self-trust, not feeling comfortable in your own skin, all these things can amount to you eventually losing the plot."

Behavioural shifts
"Acting irritable, irrational and experiencing sudden bursts of anger for no reason, are initial signs something is up, as is lack of confidence, a sense of low self-esteem, self-insecurity and a real shift in appetite, whether its over or under eating."

Losing touch with reality
"A general loss of flow, such as getting in a conversation and not remembering what you were talking about, can be worrying if consistent. The difference between someone who is on the way to breaking and someone who has already lost it is awareness. If you have really gone to a dark place, you will have lost that self-awareness. As long as you think, 'I'm going crazy' you are still present. The person that doesn't know is on to the next stage, the actual breakdown."

The solutions

Take yourself for a date
"The mind is a perfect servant, but a terrible master, so don't allow it to take control over you. Challenge yourself with a physical activity you really enjoy to get the mind to do something other than think. Go for swim or a ride on your bike or even just clean your house and do some gardening, anything that allows you to switch off mentally."

Become a witness to yourself
"Observe what happens to if you were an outsider. If you have a burst of anger, analyze what triggered it and accept the consequences of your actions."

Become your own friend:
"Be good to yourself, as you always have to be with 'you'. Create your own affirmation, a sentence or phrase that has a real meaning for you, such as 'may I be happy, may I be well' and repeat it under your breath when you need a boost."

Be the change
"Create your own mind with its own purpose. Don't get caught up with drama, have a sense of humour and learn to laugh things off. Try and see the bigger picture and don't take yourself too seriously."

Meditate
"The mind is like a drunk-

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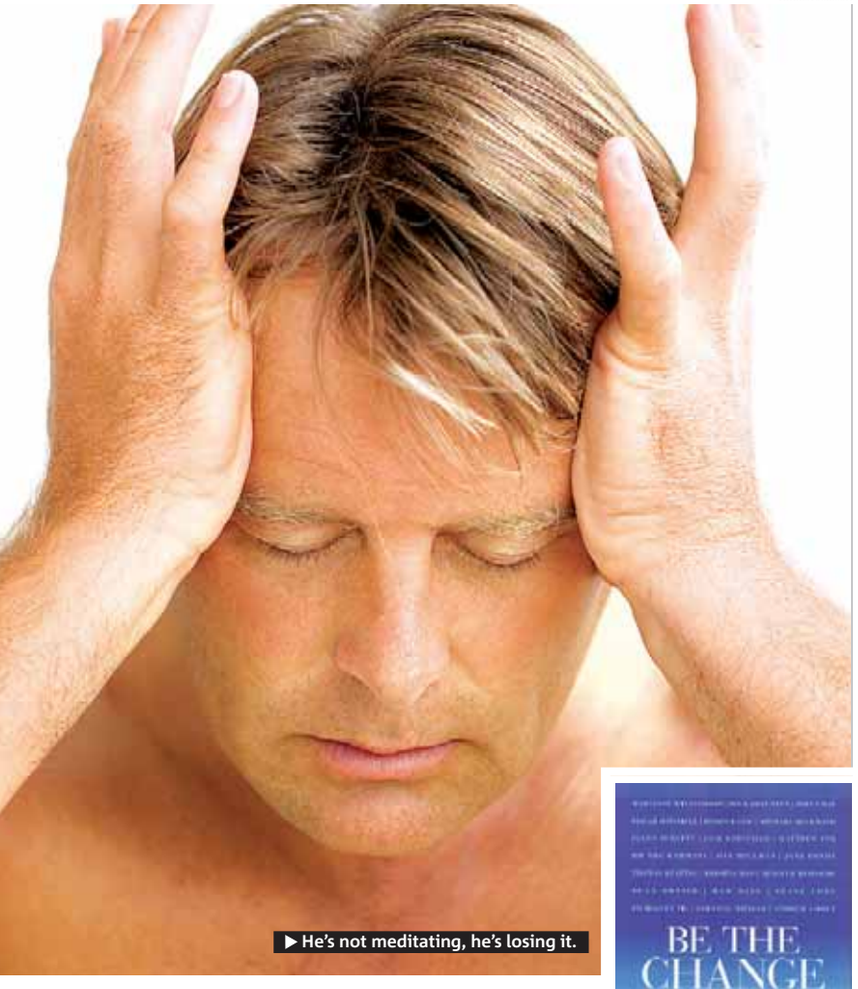
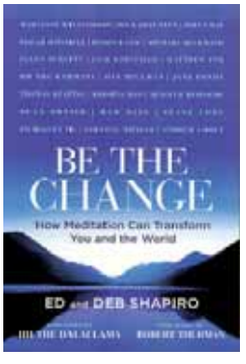


▶ He's not meditating, he's losing it.

en monkey that's been bitten by a scorpion, it jumps around and is chaotic. Tame your mind. Meditation helps you control the mind by getting you into your body."

Ask for help:
"...from people you love and who love you, not just a doctor with drugs."



DSALAS

Yoga pose.
Half-moon pose/
Ardha Chandrasana

What you do:

1. Perform Utthita trikonasana (triangle pose) to the right side with your left hand resting on the left hip. Bend your right knee and slide your left foot about six to 12 inches forward along the floor. At the same time, reach your right hand forward beyond the little toe side of the right foot.
2. Exhale, press your right hand and right heel firmly to the floor and straighten your right leg as you lift the left leg parallel to the floor. Extend actively through the left heel to keep the raised leg strong. Be careful not to lock the standing knee and make sure the kneecap is aligned straight forward and not turned inward.
3. Rotate your upper torso to the left, but keep the left hip moving slightly forward. Most beginners should keep the left hand on the left hip and the head in a neutral position, gazing forward
4. Bear the body's weight mostly on the standing leg. Press the lower hand lightly to the floor and use it to regulate your balance. Lift the inner ankle of the standing foot strongly upward and into the standing groin. Press the sacrum and scapulas firmly against the back torso and lengthen the coccyx toward the raised heel.
5. Stay in the position for 30 seconds to 1 minute. Repeat on the left.

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Mucho bad customer service

Some menu options taste OK, but way orders are placed ruins experience

LUNCH RUSH

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STEPHANIE DICKISON

▶ Medium Whole Wheat Steak Burrito ($7.49)

It's a good thing I'd looked at the menu online beforehand.

At Mucho Burrito in Brookfield Place (181 Bay St., Concourse Level), I order a Medium Whole Wheat Steak Burrito ($7.49), two Fish Tacos ($5.59), Chips and Guacamole ($2.59), and two drinks. The burrito, stuffed with sliced marinated steak, cilantro lime rice, sautéed peppers and onions, beans, salsa and sour cream is extremely filling. And tasty, too.

The taco's tilapia is moist, but there's little of it. Same goes for the other toppings. It's so disappointing. The tortillas chips are pretty flavourless, but the guacamole is great: creamy and zesty with a slight heat.

Ordering it, though, was a nightmare. One person asked me what toppings I wanted while another yelled at me about the meat. Yet another one asked me about something else. Then I was instructed to hurry. That's no way to treat a lady — or anyone.

Mucho Burrito
3 Foodcourt locations: Bay Adelaid Centre, Brookfield Place, First Canada Place
Muchoburrito.com
Reservations: No
Licensed: No
Rating: 2 out of 5

THE CANADIAN PRESS H/O

Quinoa Thai Tuna

Preparation:

1. Rinse quinoa. In large saucepan, bring water to boil; add quinoa. Reduce to simmer and cover. Cook for 2 minutes. Drain if necessary.
2. In a sauté pan, heat tuna. Add juice of a lime to quinoa. Stir in tuna, mango and green onion. Serve immediately. **THE CANADIAN PRESS/ CLOVER LEAF**

Ingredients:

- 175 ml (2/3 cup) red quinoa
- 375 ml (1 1/2 cups) water
- 2 cans flaked light tuna (Spicy Thai Chili flavour)
- 1 lime
- 1 sweet mango, ripe, small to medium size, chopped
- 1 green onion, sliced

Tuna Bites: Light summertime fare

These delicious tuna bites would be excellent as an appetizer before a summertime dinner or as a light lunch on the patio.

Preparation:

1. In a bowl, combine blue cheese, ginger, chili and coriander. Press blue cheese mixture in an even layer on tops of tuna pieces.
2. Dip tuna in beaten egg to give a very light coating, then toss in sesame seeds to give as even a coating as possible.
3. In a shallow pan, heat a little oil and cook tuna pieces for about 6 minutes, turning once halfway through.
4. Serve hot with diced mango and cucumber relish, or other accompaniments of your choice.

THE CANADIAN PRESS/ROSENBORG CASTELLO EXTRA CREAMY BLUE CHEESE

Ingredients:

- 1 pkg (125 g) extra creamy blue cheese, crumbled
- 1 piece (2.5 cm/1 inch) fresh ginger, peeled and finely chopped
- 1 small chili, chopped
- Few coriander leaves, finely chopped
- 3 fresh tuna steaks, cut into to rectangles
- 1 egg, beaten
- 75 ml (5 tbsp) sesame seeds
- Olive oil, for sauteing
- 1 mango, diced, for garnish
- Cucumber relish, for garnish

THE CANADIAN PRESS H/O

▶ This recipe makes four servings.

BE A GOOD SPORT AND CONSIDER YOUR FAMILY'S FEELINGS

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

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Hi Charles:

I am planning a summer party and I'm inviting most of my family. One of my cousins, however, is married to a guy I can't stand. If I am hosting and paying for this party, may I invite my cousin and ask her not to bring her husband?
Patsyb

Dear Patsyb:

I fully understand your feelings. We've all been in your shoes! I think this is the real problem… if you don't invite your cousin's husband, you will do more damage and create more of a scene than if you do invite him.

You risk really offending your cousin and you will put her in a very awkward position. Ask yourself: what is she supposed to tell her husband about why he can't come to your party?

It's not fair that your cousin be placed in that position. You have two choices: invite the cousin with her husband or don't invite either of them. If you're a good sport, you will invite them both and find someone you can invite to keep the pesky husband occupied in conversation so he leaves you all alone!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

Date Night, Celebrity Edition

GETTY IMAGES

▶ Tracy Moore

CityLine host Tracy Moore's fave date night ideas

"Lio (my husband) and I love to eat, and he's very much a foodie. So our perfect date night out would be going to a really great restaurant to spend several hours pouring over the appetizers, wine, entrées, dessert, cheese plate — everything! And there'd be a lot of talking because we're both very big talkers. But another great date is just staying in: putting our son, Sidney, to bed, popping in a movie and eating junk food in front of the TV. Those are both perfect nights in their own way!"

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GETTY IMAGES

▶ Keshia Chanté

Juno Award-winner Keshia Chanté loves her a dinner date

"My perfect date would definitely have to be dinner, because I love food, especially pasta. (Laughs).

But it would really be about the conversation — I love to debate! And I love to think about different issues in the world, like politics and stuff like that. So it definitely has to be really great conversation over dinner.

"Or it might be like an art gallery or movie — it's pretty basic, but it really comes down to the person."

Mandy Moore's perfect date night

The chanteuse spills on her favourite way to spend a night in with her hubby.

"Just because it's a date, I don't think you have to go all out with something extravagant or expensive.

"I'm actually learning how to cook at the moment. My guy (husband and rocker Ryan Adams) is a much better cook than I am. So it would be fun to learn how to cook one of his favourite dishes and then make it for him.

"You know, this is sounding like a really good idea — I think I might have to do this on the weekend!"

GETTY IMAGES

▶ Mandy Moore

Help your kids avoid debt

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

For new parents, here's the bottom line. If you don't get serious about saving for post-secondary studies, that cooing little bundle is almost certainly going to be severely burdened by student debt.

If current trends continue, a four-year degree is likely to cost $80,000 for live-at-home students by 2025 and $125,000 for those away from home.

The good news is that new parents are putting aside those education pennies. Across Canada, nearly 90 per cent of those with young children have started saving, according to the TD Canada Trust 2011 Education and Finances Survey.

Thinking ahead

Do you have an RESP for your child?

- 89% of parents under 35
- 60% of parents age 45-54

The goal for those with younger children should be to get the maximum Canada Education Savings Grant of 20 per cent on the first $2,500 annually per child contributed to an RESP (Registered Education Savings Plan). That's a little over $200 monthly. Even if you just invest the money in GICs and bonds you'll have about $40,000 after 10 years and nearly $90,000 after 18.

For parents of teens, education financing is a big stress point. TD's survey discovered that more than 85 per cent of parents (at least in Ontario) with kids under 18 don't expect to be able to pay the shot for their children's education.

Interestingly, fewer of those parents expect their children to help pay for their own education, 31 per cent down from 39 per cent last year. The decline may have to do with the difficulty in finding summer jobs.

My daughter, a student chef, has only managed irregular shifts so far this summer at two different restaurants.

Parents with teens, and little in the way of savings, might consider postponing education. A couple of years of living at home and working, even at a minimum wage job, could easily mean the difference between a decade of debt and a nearly debt-free degree.

Working roughly 35 hours a week at minimum wage will bring in about $20,000 annually. Saving 75 per cent of that over two years is $30,000. For a live-at-home student-to-be, that money, along with RESP savings, will go a long way to reducing student debt.

ISTOCK

▶ Alison's money rule: Whether you have a baby or a teen, it's never too early or late to start saving for education.

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POPQUIZ

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REVIEW EVERY CONTRACT WITH CARE

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

ISTOCK

▶ Most employment contracts contain employer-friendly terms.

It's possibly the worst fraud in workplace law – corporations, with expensive lawyers and deeper pockets, insisting that employees sign one-sided contracts that reduce their legal rights. And employees, without bargaining power or an understanding of the law, not realizing their interests have been undermined. This is the tale of one nameless client who may learn this lesson the hard way.

In a file I have, the employee worked for her company for nearly 20 years. She was told that she would have to sign a contract simply to "confirm her employment," which is unnecessary, of course, but was said to her in an effort to encourage her to just sign it. Fearful of antagonizing her employer and concerned that she could lose her job, the employee signed her name and continued work as before. Many years later, she was fired as part of a restructuring and offered a severance package well below the minimum for someone of her age and tenure.

It was a simple win – or so I thought when I first reviewed her case. But (and there is always a but in workplace law) the contract she signed specifically limits her damages to only one week's pay, which is just the minimum and well below what is fair. Although the conclusion to this case will be based on other factors that are involved, there is one certainty: without the contract, her case would be stronger.

What most employees do not understand is that they do not need a written employment contract in order to protect their rights. This is because the law implies a number of favourable terms designed to defend them, such as the requirement not to change the terms of their job, from which constructive dismissal arises; the prohibition against dismissal without fair notice, which is otherwise a wrongful dismissal; and the ability to work for competitors and solicit clients following departure. However, modern employment contracts are replete with employer-friendly terms, and most employees believe they have little or no choice but to sign them.

What should employees do? First, review any new contract with a lawyer and don't be reluctant to negotiate terms. Seldom are employment offers withdrawn if a contract is not agreed to. Second, challenge the enforceability of these contracts where the facts present that argument. I have won in court by raising the inference that a contract was signed without proper consent – such findings are not exceptions. **DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.**

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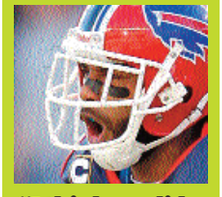
4 sports

Quoted



"I think we did a great job of protecting the players that are currently playing and to preserve the game for the players to come and to protect the work that had been done by those who came before us."
BUFFALO BILLS SAFETY GEORGE WILSON.

Gridiron reconciliation

NFLPA's team reps unanimously vote to accept deal Puts longest work stoppage in NFL history to rest

Now it can be said with certainty: Get ready for some football!

NFL players voted to OK a final deal yesterday, days after the owners approved a tentative agreement, and the sides finally managed to put an end to the 4½-month lockout.

"This is a long time coming, and football's back," NFL commissioner Roger Goodell said, "and that's the great news for everybody."

At a joint appearance outside NFL Players Association headquarters in Washington, Goodell and NFLPA head DeMaurice Smith were flanked by some of the owners and players who were involved in the talks. They spoke shortly after the NFLPA executive board and 32 team reps voted unanimously to approve the terms of a deal.

"We didn't get everything that either side wanted ... but we did arrive at a deal that we think is fair and balanced," Smith said.

Owners overwhelmingly approved a proposal Thursday, but some unresolved issues still needed to be reviewed to satisfy players.

The sides worked through the weekend and wrapped up the details yesterday morning on a final pact that runs for 10 years, without an opt-out clause, a person familiar with the deal told the AP on condition of anonymity.

Owners can point to victories, such as gaining a higher percentage of all revenue, one of the central issues — they get 53 per cent, the players get 47 per cent. The old deal was closer to 50-50. Players, meanwhile, persuaded teams to commit to spending nearly all of their salary cap space in cash and won changes to practice rules that should make the game safer.

THE ASSOCIATED PRESS

Back in business

A tentative timeline allows NFL clubs to start signing 2011 draft picks and rookie free-agents today.

- Conversations with veteran free-agents could also start today with signings possibly beginning Friday.
- Under the proposed schedule, training camps open for 10 teams tomorrow, 10 more on Thursday, another 10 on Friday and the last two teams on Sunday.

ROB CARR/GETTY IMAGES

▶ New England Patriots owner Robert Kraft, left, and Indianapolis Colts centre Jeff Saturday share an embrace in Washington yesterday.

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	62	37	.626	—
New York	59	40	.596	3
Tampa Bay	53	47	.530	9½
Toronto	**51**	**51**	**.500**	**12½**
Baltimore	40	58	.408	21½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	54	47	.535	—
Cleveland	51	48	.515	2
Chicago	49	51	.490	4½
Minnesota	47	54	.465	7
Kansas City	42	59	.416	12

WEST DIVISION

	W	L	Pct	GB
Texas	58	44	.569	—
Los Angeles	55	47	.539	3
Oakland	44	57	.436	13½
Seattle	43	58	.426	14½

Last night's results
L.A. Angels at Cleveland
Seattle at N.Y. Yankees
Kansas City at Boston
Minnesota at Texas
Detroit at Chicago White Sox
Tampa Bay at Oakland
Sunday's results
Toronto 3 Texas 0
Chicago White Sox 4 Cleveland 2
Tampa Bay 5 Kansas City 0
L.A. Angels 9 Baltimore 3
N.Y. Yankees 7 Oakland 5
Boston 12 Seattle 8
Detroit 5 Minnesota 2
Tonight's games
All times Eastern
L.A. Angels (Weaver 13-4) at Cleveland (Tomlin 11-4), 7:05 p.m.
Seattle (Fister 3-11) at N.Y. Yankees (Sabathia 14-5), 7:05 p.m.
Baltimore (Arrieta 9-7) at **Toronto (Morrow 7-4)**, 7:07 p.m.
Kansas City (Duffy 2-4) at Boston (A.Miller 4-1), 7:10 p.m.
Minnesota (Pavano 6-7) at Texas (C.Wilson 10-4), 8:05 p.m.
Detroit (Verlander 13-5) at Chicago White Sox (Peavy 4-4), 8:10 p.m.
Tampa Bay (Price 9-8) at Oakland (McCarthy 2-5), 10:05 p.m.

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	321	76	106	31	70	.330
Molina	108	14	34	2	9	.315
Thames	143	26	44	4	19	.308
Escobar	357	55	109	9	38	.305
Lind	303	42	88	18	56	.290
Encarnacion	284	38	74	7	25	.261
Patterson	313	44	79	6	33	.252
Davis	294	40	70	1	27	.238
McCoy	77	11	18	1	5	.234
Snider	159	18	37	3	30	.233
Hill	323	31	73	4	37	.226
McDonald	139	16	31	2	16	.223
Arencibia	277	32	59	15	42	.213

PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Rzepczynski	2	3	0	39.1	33	2.97
Frasor	2	1	0	42.1	37	2.98
Janssen	3	0	1	28.2	27	3.14
Romero	7	9	0	134.2	117	3.27
Villanueva	5	2	0	90.0	61	3.40
Dotel	2	1	1	29.1	30	3.68
Rauch	4	3	7	41.2	29	3.89
Morrow	7	4	0	101.2	117	4.34
Cecil	3	4	0	57.1	42	4.71
Camp	1	1	1	43.1	19	4.78
Francisco	1	4	10	28.2	35	5.34

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	64	37	.634	—
Atlanta	59	43	.578	5½
New York	50	51	.495	14
Washington	49	52	.485	15
Florida	49	53	.480	15½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	52	47	.525	—
St. Louis	53	48	.525	—
Milwaukee	54	49	.524	—
Cincinnati	50	51	.495	3
Chicago	42	60	.412	11½
Houston	33	68	.327	20

WEST DIVISION

	W	L	Pct	GB
San Francisco	59	43	.578	—
Arizona	55	47	.539	4
Colorado	48	54	.471	11
Los Angeles	45	56	.446	13½
San Diego	45	58	.437	14½

Yesterday's results
San Diego 5 Philadelphia 4
N.Y. Mets at Cincinnati
Pittsburgh at Atlanta
Houston at St. Louis
Colorado at L.A. Dodgers
Sunday's results
San Francisco 2 Milwaukee 1
Florida 5 N.Y. Mets 4
Cincinnati 4 Atlanta 3
Arizona 7 Colorado 0
Philadelphia 5 San Diego 3
Pittsburgh 4 St. Louis 3 (10 inn.)
Chicago Cubs 5 Houston 4 (10 inn.)
L.A. Dodgers 3 Washington 1
Tonight's games
All times Eastern
Florida (Nolasco 6-7) at Washington (Zimmermann 6-8), 7:05 p.m.
San Francisco (Lincecum 8-8) at Philadelphia (Worley 6-1), 7:05 p.m.
N.Y. Mets (Niese 9-8) at Cincinnati (Cueto 6-3), 7:10 p.m.
Pittsburgh (Karstens 8-5) at Atlanta (Hanson 11-5), 7:10 p.m.
Chicago Cubs (Dempster 7-7) at Milwaukee (Narveson 6-6), 8:10 p.m.
Houston (Myers 3-10) at St. Louis (Westbrook 8-4), 8:15 p.m.
Arizona (J.Saunders 6-8) at San Diego (Moseley 3-9), 10:05 p.m.
Colorado (Chacin 8-7) at L.A. Dodgers (Kershaw 11-4), 10:10 p.m.

NL LEADERS

	G	AB	R	H	Avg.
JosReyes NYM	86	380	73	134	.353
Braun Mil	92	336	62	108	.321
Helton Col	90	301	44	96	.319
Votto Cin	100	372	61	117	.315
Morse Wash	90	307	44	96	.313
Kemp LAD	101	364	61	113	.310
Holliday StL	76	271	49	84	.310
Pence Hou	95	386	47	119	.308
DanMurphy NYM	97	346	40	106	.306
McCann Atl	89	327	42	100	.306

Runs — JosReyes, NY, 73; RWeeks, Mil., 71; Stubbs, Cin., 65; CGonzalez, Col., 63; CYoung, Arz., 63.
RBI — Howard, Phi., 75; Fielder, Mil., 73; Kemp, LA, 73; Berkman, StL, 69; Braun, Mil., 68.
Hits — JosReyes, NY, 134; SCastro, Chi., 127; Bourn, Hou., 122; Pence, Hou., 119; Votto, Cin., 117.
Doubles — Beltran, NY, 30; JUpton, Arz., 28; CaLee, Hou., 27; CYoung, Arz., 27.
Triples— JosReyes, NY, 16; Victorino, Phi., 9; SCastro, Chi., 8; Fowler, Col., 8; Bourn, Hou., 7.
Yesterday's games not included

SUNDAY

BLUE JAYS 3, RANGERS 0

Toronto	ab	r	h	bi	Texas	ab	r	h	bi
YEscor ss	3	1	3	0	Kinsler 2b	4	0	0	0
EThms rf	4	0	2	0	Andrus ss	3	0	0	0
Bautist 3b	3	1	1	1	JHmltn lf	4	0	0	0
Lind 1b	4	0	0	0	MiYong 3b	4	0	1	0
Encrnc dh	4	1	1	1	N.Cruz rf	4	0	1	0
Snider lf	4	0	1	1	Napoli c	3	0	0	0
A.Hill 2b	4	0	0	0	C.Davis dh	3	0	0	0
RDavis cf	4	0	0	0	Gentry cf	3	0	2	0
Arencii c	4	0	0	0	MorInd 1b	3	0	0	0
Totals	**34**	**3**	**8**	**3**	**Totals**	**31**	**0**	**4**	**0**
Toronto					**000 003 000**			**3**	
Texas					**000 000 000**			**0**	

DP—Texas 1. LOB—Toronto 6, Texas 6. 2B—Bautista (18), Encarnacion (23), Snider (14).

	IP	H	R	ER	BB	SO
Toronto						
Cecil W,3-4	9	4	0	0	2	7
Texas						
Ogando L,10-4	6 2-3	7	3	3	2	6
Tom.Hunter	2 1-3	1	0	0	0	2

T—2:18. A—43,117 (49,170) at Arlington, Texas.

AL LEADERS

	G	AB	R	H	Avg.
AdGonzalez Bos	98	402	70	139	.346
Bautista Tor	**91**	**321**	**76**	**106**	**.330**
MiYoung Tex	100	398	48	131	.329
Kotchman TB	85	285	25	93	.326
JhPeralta Det	91	329	45	106	.322
Ellsbury Bos	98	403	74	129	.320
VMartinez Det	86	318	44	101	.318
MiCabrera Det	101	349	67	109	.312
Konerko ChiW	97	355	45	109	.307
YEscobar Tor	**93**	**357**	**55**	**109**	**.305**

Runs — Granderson, New York, 88; **Bautista, Toronto, 76;** Ellsbury, Boston, 74; AdGonzalez, Boston, 70; Kinsler, Texas, 70; MiCabrera, Detroit, 67; Pedroia, Boston, 66.
RBI — AdGonzalez, Boston, 82; Beltre, Texas, 76; Granderson, New York, 74; Teixeira, New York, 72; Youkilis, Boston, 72; **Bautista, Toronto, 70;** Konerko, Chicago, 70.
Hits — AdGonzalez, Boston, 139; MiYoung, Texas, 131; Ellsbury, Boston, 129; MeCabrera, Kansas City, 124; Markakis, Baltimore, 118; AGordon, Kansas City, 117; ACabrera, Cleveland, 115; Pedroia, Boston, 115.
Doubles — Zobrist, Tampa Bay, 31; AdGonzalez, Boston, 30; MiYoung, Texas, 30; Beltre, Texas, 29; Youkilis, Boston, 28; Ellsbury, Boston, 27; AGordon, Kansas City, 26.
Triples — Granderson, New York, 8; AJackson, Detroit, 7; **RDavis, Toronto, 6;** Bourjos, Los Angeles, 6; Aybar, Los Angeles, 5; Cano, New York, 5; Crisp, Oakland, 5; Gardner, New York, 5; Zobrist, Tampa Bay, 5.
Home Runs — **Bautista, Toronto, 31;** Granderson, New York, 27; Teixeira, New York, 26; NCruz, Texas, 22; Konerko, Chicago, 22; MarReynolds, Baltimore, 21; Beltre, Texas, 20; MiCabrera, Detroit, 20; Quentin, Chicago, 20.
Stolen Bases — Gardner, New York, 31; **RDavis, Toronto, 29;** Andrus, Texas, 29; Ellsbury, Boston, 28; Crisp, Oakland, 27; ISuzuki, Seattle, 26; BUpton, Tampa Bay, 23.
Pitching — Sabathia, NY, 14-5; Weaver, Los Angeles, 13-4; Verlander, Detroit, 13-5; Tomlin, Cleveland, 11-4; Scherzer, Detroit, 11-5.
Strikeouts — Verlander, Det., 162; Shields, Tampa Bay, 151; FHernandez, Seattle, 148; Sabathia, NY, 142; Price, Tampa Bay, 137; CWilson, Texas, 132; Weaver, LA, 129.
Saves — Valverde, Det., 26; MaRivera, NY, 25; Papelbon, Boston, 23; Walden, Los Angeles, 23; League, Seattle, 23; CPerez, Cleveland, 22; SSantos, Chicago, 20; Feliz, Texas, 20.
Last night's games not included

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	4	3	1	0	133	95	6
Winnipeg	4	3	1	0	99	77	6
Hamilton	4	2	2	0	98	86	4
Toronto	4	1	3	0	80	116	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	4	4	0	0	127	74	8
Calgary	4	2	2	0	95	99	4
Saskatchewan	4	1	3	0	83	138	2
B.C.	4	0	4	0	106	136	0

WEEK FOUR
Sunday's result
Saskatchewan 27 Montreal 24
WEEK FIVE
Thursday's game
All times Eastern
B.C. at Winnipeg, 8 p.m.
Friday's games
Montreal at Hamilton, 6:30 p.m.
Toronto at Edmonton, 9:30 p.m.
Saturday's game
Calgary at Saskatchewan, 9:30 p.m.
WEEK SIX
Thursday, Aug. 4
Montreal at Toronto, 7:30 p.m.
Friday, Aug. 5
Edmonton at Winnipeg, 7:30 p.m.
Saskatchewan at B.C., 10:30 p.m.
Saturday, Aug. 6
Hamilton at Calgary, 9:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	19	8	4	7	24	16	31
Columbus	21	8	6	7	22	20	31
New York	23	6	5	12	37	30	30
Kansas City	20	6	6	8	28	27	26
Houston	21	5	7	9	24	26	24
D.C. United	19	5	6	8	24	30	23
New England	21	4	9	8	19	29	20
Chicago	20	2	6	12	20	25	18
Toronto	23	3	11	9	19	41	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	22	11	2	9	28	16	42
Dallas	22	11	5	6	29	21	39
Seattle	22	10	4	8	32	23	38
Real Salt Lake	18	9	3	6	27	12	33
Colorado	23	7	6	10	31	30	31
Chivas USA	21	6	7	8	27	23	26
San Jose	21	5	7	9	24	27	24
Portland	19	6	10	3	22	32	21
Vancouver	21	2	10	9	21	30	15

Note: Three points for a win, one for a tie.
Tomorrow's game
All times Eastern
ALL-STAR GAME
At Harrison, N.J.
Manchester U. (Eng.) at MLS All-stars, 8:30 pm
Friday's game
Colorado at Philadelphia, 7:30 p.m.
Saturday's games
Los Angeles at Vancouver, 7:30 p.m.
Seattle at Houston, 8:30 p.m.
New England at Kansas City, 8:30 p.m.
Columbus at Real Salt Lake, 9 p.m.
D.C. United at San Jose, 10:30 p.m.
Toronto at Portland, 11 p.m.
Sunday, July 31
Chivas USA at Dallas, 7 p.m.

SCOTLAND

PREMIER LEAGUE
Dunfermline 0 St. Mirren 0

TENNIS

ATP

CREDIT AGRICOLE SUISSE OPEN

At Gstaad, Switzerland
Singles — First Round
Denis Istomin, Uzbekistan, def. Martin Fischer, Austria, 6-3, 3-6, 6-4.
Andreas Haider-Maurer, Austria, def. Yann Marti, Switzerland, 6-1, 6-4.
Igor Andreev, Russia, def. Mischa Zverev, Germany, 6-3, 6-2.
Peter Luczak, Australia, def. Alexander Sadecky, Switzerland, 3-6, 6-3, 7-6 (4).

STUDENA CROATIA OPEN

At Umag, Croatia
Singles — First Round
Albert Ramos, Spain, def. Ivan Dodig (8), Croatia, 6-4, 3-6, 6-2.
Diego Junqueira, Argentina, def. Antonio Veic, Croatia, 6-4, 7-5.

MONEY LEADERS

(all figures in U.S. dollars)

1. Novak Djokovic	$7,608,673
2. Rafael Nadal	$5,250,169
3. Roger Federer	$2,502,919
4. Andy Murray	$2,495,054
5. David Ferrer	$1,746,375
6. Robin Soderling	$1,323,473
7. Jo-Wilfried Tsonga	$1,041,323
8. Nicolas Almagro	$1,035,652
9. Tomas Berdych	$966,639
10. Gilles Simon	$909,853
11. Bob Bryan	$811,264
11. Mike Bryan	$811,264
13. Mardy Fish	$807,626
14. Richard Gasquet	$748,460
15. Juan Martin del Potro	$737,508
16. Alexandr Dolgopolov	$729,177
17. Jurgen Melzer	$715,977
18. Stanislas Wawrinka	$678,075
19. Viktor Troicki	$667,013
20. Michael Llodra	$659,438
21. Juan Ignacio Chela	$652,389
22. Feliciano Lopez	$638,824
23. Florian Mayer	$636,003
29. Milos Raonic	**$574,005**
Also	
158. Frank Dancevic	**$88,179**
187. Vasek Pospisil	**$31,337**

WTA

MONEY LEADERS

(all figures in U.S. dollars)

1. Petra Kvitova	$3,189,334
2. Li Na	$3,158,163
3. Victoria Azarenka	$2,389,184
4. Kim Clijsters	$2,315,166
5. Maria Sharapova	$2,286,125
6. Caroline Wozniacki	$2,181,879
7. Francesca Schiavone	$1,338,001
8. Marion Bartoli	$1,287,933
9. Vera Zvonareva	$1,062,191
10. Andrea Petkovic	$821,889
11. Agnieszka Radwanska	$754,027
12. Sabine Lisicki	$689,254
13. Peng Shuai	$669,206
14. Sam Stosur	$660,009
15. Flavia Pennetta	$651,183
16. Svetlana Kuznetsova	$649,364
17. Maria Kirilenko	$604,665
18. Elena Vesnina	$602,718
19. Julia Goerges	$588,666
20. Daniela Hantuchova	$567,982
21. Anastasia Pavlyuchenkova	$557,632
22. Katarina Srebotnik	$547,584
23. Jelena Jankovic	$529,102
24. Nadia Petrova	$517,822
25. Yanina Wickmayer	$508,764

ACTIVITY

BASEBALL

AMERICAN LEAGUE

DETROIT TIGERS—Called up RHP Chance Ruffin from Toledo (IL).

NATIONAL LEAGUE

ATLANTA BRAVES — Activated 3B Chipper Jones from the 15-day DL. Optioned OF Wilkin Ramirez to Gwinnett (IL).
PITTSBURGH PIRATES — Placed OF Alex Presley on the 15-day DL, retroactive to July 23. Recalled INF Pedro Alvarez from Indianapolis (IL).

HOCKEY

NHL

DALLAS STARS — Signed director of player personnel Les Jackson to a two-year contract extension through the 2012-13 season.
FLORIDA PANTHERS — Agreed to terms with D Michael Caruso on a one-year contract.
N.Y. RANGERS — Re-signed D Steve Eminger.

LACROSSE

NLL

WASHINGTON STEALTH — Traded G Matt Roik to Toronto for D Kyle Ross.

GOLF

MEN'S WORLD RANKING

Through July 24

1. Luke Donald	Eng 9.60
2. Lee Westwood	Eng 8.33
3. Martin Kaymer	Ger 7.26
4. Rory McIlroy	Nlr 7.06
5. Steve Stricker	USA 6.94
6. Phil Mickelson	USA 6.27
7. Dustin Johnson	USA 5.75
8. Jason Day	Aus 5.44
9. Charl Schwartzel	SAf 5.32
10. Matt Kuchar	USA 5.28
11. Nick Watney	USA 5.24
12. Graeme McDowell	Nlr 5.20
13. Bubba Watson	USA 4.77
14. K.J. Choi	Kor 4.71
15. Paul Casey	Eng 4.52
16. Ian Poulter	Eng 4.45
17. Adam Scott	Aus 4.05
18. Robert Karlsson	Swe 3.75
19. Hunter Mahan	USA 3.75
20. Retief Goosen	SAf 3.67
21. Tiger Woods	USA 3.64
22. Francesco Molinari	Ita 3.63
23. Kim Kyung-Tae	Kor 3.62
24. Jim Furyk	USA 3.58
25. Ernie Els	SAf 3.57
26. Alvaro Quiros	Esp 3.57
27. David Toms	USA 3.53
28. Martin Laird	Sco 3.51
29. Miguel Angel Jimenez	Esp 3.45
30. Matteo Manassero	Ita 3.36
31. Darren Clarke	Nlr 3.36
32. Zach Johnson	USA 3.27
33. Justin Rose	Eng 3.24
34. Louis Oosthuizen	SAf 3.12
35. Bo Van Pelt	USA 3.11
36. Y.E. Yang	Kor 3.07
37. Tim Clark	SAf 3.03
38. Geoff Ogilvy	Aus 2.99
39. Ryan Moore	USA 2.97
40. Gary Woodland	USA 2.95
41. Edoardo Molinari	Ita 2.94
42. Peter Hanson	Swe 2.93

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CFL INVESTIGATION

Argos LB defends hit on Pierce

PAUL CHIASSON/THE CANADIAN PRESS

▶ Ejiro Kuale

Ejiro Kuale tried to set the record straight yesterday.

"I am a clean player, I will always play the game clean," the Toronto Argonauts linebacker said. "It's football ... it's a tough game and the officials make whatever decisions they make. All I have to do is deal with it.

"There is no fine line. I was taught to play one way and that's how I know to play."

Kuale was ejected from Toronto's 33-24 home loss to Winnipeg on Saturday for delivering a helmet-to-helmet blow on Blue Bombers quarterback Buck Pierce in the third quarter. The ejection, combined with injuries to defensive backs Lin-J Shell and Evan McCullough and linebacker Anthony Cannon, played a role in the visitors scoring 27 second-half points against a short-handed Argos defence to erase a 17-6 halftime deficit.

"I asked him (referee Glen Johnson) what I was getting ejected for and he said because it was helmet-to-helmet contact," an unrepentant Kuale said. "I don't feel it was helmet-to-helmet contact.

"I was taught to lead with my shoulder and that's what I did."

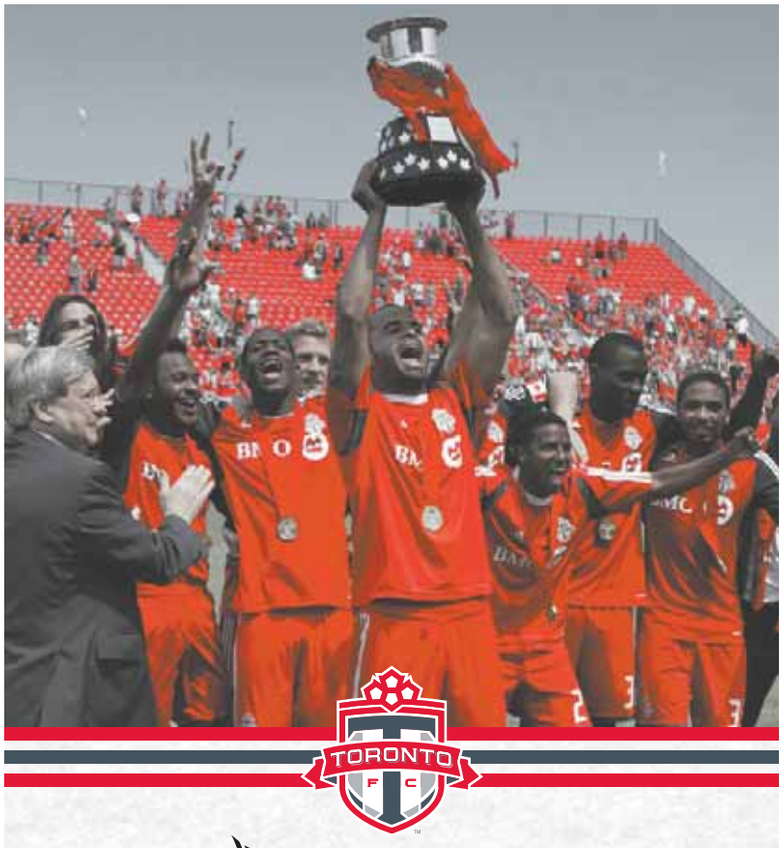
The CFL is investigating Kuale's hit to determine if further sanctions are warranted. The league has attempted to crack down on helmet-to-helmet shots this season, issuing fines over the last two weeks to Saskatchewan safety Craig Butler and Montreal defensive lineman Kitwana Jones for helmet blows.

The six-foot-two, 229-pound Kuale said if he's fined, he'll appeal.

"I'm a clean player, I take pride in how I play the game," he said.

The CFL is also investigating Winnipeg linebacker Joe Lobendahn's hit on Toronto's Cleo Lemon on Saturday. Following a 14-yard run by Lemon, Lobendahn finished the play with a hard shot to Lemon's head, knocking the quarterback's helmet flying and forcing him out with a cracked tooth and exposed nerve.

THE CANADIAN PRESS



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The plane truth: Jet in logo not a CF-18

The Winnipeg Jets sparked aggressive online debate after unveiling their new military themed logo this weekend.

The patriotic argued that the metallic silhouette is indeed a CF-18, the fighter jet used by the Canadian Armed Forces. But naysayers were quick to quip that the jet hovering above a red maple leaf is actually an F-16, a plane used by the United States.

The logo pays homage to the traditional Royal Canadian Air Force roundel, with its red maple leaf inside a blue circle.

So the origin of the fighter jet that sits above it does have some cultural significance.

So, what is it? Well …

"It's neither," said Dik Daso, curator of modern military aircraft at the Smithsonian National Air and Space Museum in Washington D.C. "It's a piece of art. It's some interpretation of a jet plane in a maple leaf."

And Daso's correct.

"We never said that it was a CF-18 Hornet," said Scott Brown, a spokesman for True North Sports and Entertainment.

"It's inspired by jets flown by the military. It is not precisely a CF-18 Hornet, which is why we avoided saying that."

True North worked with Reebok on the design, and had it approved by the Department of National Defence. TORSTAR NEWS SERVICE

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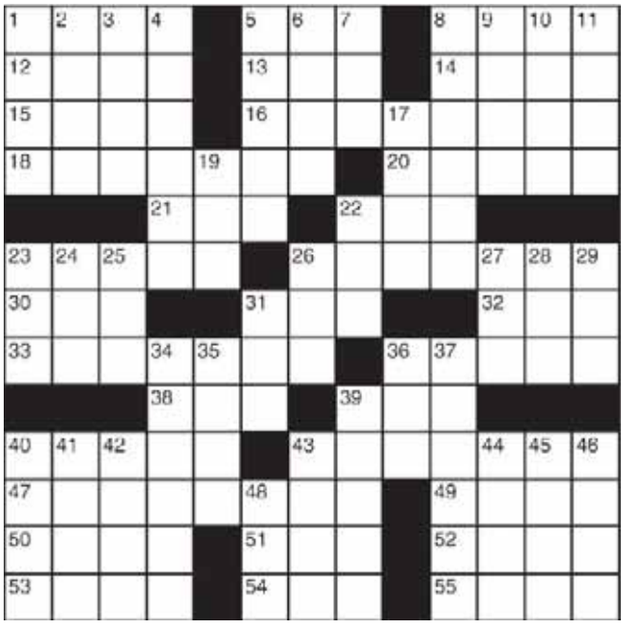
Crossword



Across

1 Take to the pool
5 Bookkeeper (Abbr.)
8 Harvest
12 Houston acronym
13 Talk on and on
14 Being (Lat.)
15 Without doing anything
16 Slapstick missile
18 Mouth, slangily
20 Queenly
21 First lady?
22 Overweight
23 Andean pack animal
26 Sink a putt
30 A billion years
31 Peace, to Caesar
32 Lingerie item
33 Where oaters take place
36 Make like Manet
38 Wall climber
39 — Solo
40 Sierra —
43 "The Great Gatsby" locale
47 Chocolate syrup + milk + seltzer
49 Perjurer
50 Strong wind
51 Khan title
52 Therefore
53 Praiseful works
54 Sawbuck
55 Stench

Down

1 Quick cut
2 Dry streambed
3 Capri or Wight
4 Needless violence
5 Recurring sequence of events
6 Remove rind
7 Gorilla
8 Couch potato's device
9 Catch sight of
10 Largest continent
11 See 6-Down
17 Sea that's really a lake
19 Eggs
22 "The Simpsons" network
23 Zodiac cat
24 Brock of baseball lore
25 Pismire
26 Chapeau
27 Sapporo sash
28 Coffee vessel
29 Make lace
31 Freudian subj.
34 Recoils
35 Always
36 — de deux
37 Rack component
39 Macho type
40 Building block name
41 "Zounds!"
42 Look at lustfully
43 Carry on
44 Ireland
45 Token of defiance
46 Understand, in sci-fi lingo
48 Dine

▶ Yesterday's answer

Sudoku

	6	8	4					
2				1				4
				5				8
4		3			2		6	
1	9						2	3
	2		8			4		7
5				3				
9				8				2
					7	3	4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	6	9	3	1	7	4	2	5
5	7	2	8	4	6	1	9	3
1	4	3	5	2	9	8	7	6
9	3	5	2	6	1	7	4	8
6	8	7	9	3	4	2	5	1
4	2	1	7	5	8	3	6	9
7	1	8	4	9	5	6	3	2
3	5	6	1	7	2	9	8	4
2	9	4	6	8	3	5	1	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Genius FEP
Every day is a new day - what color to wear -each 1 has a bit of u - hurt, smile, excitement, some have a shine 2. which jewel to wear - each 1 has a tinkle sound reminds me of u - music - na, hurts my ears, bring a tear down - grocery/roads/my broken shoes (u owe me 3 btw - white, gold, black size 8.5) where shd i run babes? healing ..slowly i am babes i am. i kno i thing - no one would have ever loved u so much as i did, nieth ma nor m. why? Have a good day gorgeous!
FROM PINK PETAL

You have been my best friend
No matter what!!!!! You taught me how to live....i was simply breathing in a dark hole before u came.
FROM BUNNY

Today
27°/17°
Partly cloudy
Wednesday
28°/21°
Partly cloudy
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You have been expecting too much from a relationship. Focus on what you have in common, not on what divides you.

♉ Taurus April 21-May 21 Set yourself a reasonable work schedule and make sure you stick to it.

♊ Gemini May 22-June 21 There is no need to change your life in any radical way.

♋ Cancer June 22-July 22 Never forget that the best way to change the world is to change yourself first.

♌ Leo July 23-Aug.23 Don't worry if you are not in the most sociable of moods today because you have important things to think about.

♍ Virgo Aug. 24- Sept. 22 Look out for your own interests today.

♎ Libra Sept. 23-Oct. 23 If there is something you have overlooked, or ignored, you will have to face up to it and deal with it today.

♏ Scorpio Oct. 24-Nov. 22 It's time for a reality check.

♐ Sagittarius Nov. 23-Dec. 21 Why are you clinging on to something that is past its sell by date?

♑ Capricorn Dec. 22-Jan. 20 Do everything in your power to make sure that employers and people in positions of authority know who you are and what you can do.

♒ Aquarius Jan. 21-Feb. 18 Life will be a breeze today.

♓ Pisces Feb. 19-March 20. Generally you steer clear of events over which you have no control, but today you will go out of your way to take risks. Maybe tomorrow you'll regret it but your hunches are often right. SALLY BROMPTON

Caption contest

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GERO BRELOER/THE ASSOCIATED PRESS

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Royal Bank Plaza
Scarborough Town Centre
Sherway Gardens
Shops at Don Mills
Toronto Eaton Centre
Toronto Exchange Tower
Woodbine Centre
Yorkdale Mall
25 York St.
2187 Queen St. E (The Beach)
2365 Yonge St. (North of Eglinton)
720 King St. W
455 Danforth Ave.
25 Davenport Rd.
727 Bloor St. W
1061 St. Clair Ave. W
29B St. Joseph St.
1500 Royal York Rd.
1750 The Queensway
980 Albion Rd.
2610 Weston Rd.
5050 Dufferin St.
2899 Steeles Ave. W
1184 Kennedy Rd.

WEST

Burlington Mall
Mapleview Mall
Milton Crossroads Centre
420 Main St.

Brampton
Bramalea City Centre
55 Mountainash Rd. (Springdale Sq.)
2880 Queen St. E (Hwy. 7 & Airport Rd.)

Mississauga
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
2458 Dundas St. W
2585 Skymark Ave.
3024 Hurontario St.
6200 Dixie Rd.
34 Bristol Rd. E
4920 Tomken Rd.

Oakville
Oakville Place
18 - 2501 Third Line
760 Pacific Rd.

NORTH

Markham
Markville Shopping Centre
Pacific Mall

Newmarket
Upper Canada Mall
1100 Gorham St.

Richmond Hill
Hillcrest Shopping Centre
11005 Yonge St.

Thornhill
Promenade Mall
7040 Yonge St. (Galleria)
7378 Yonge St.

Vaughan
Vaughan Mills
81 Zenway Blvd.
160 Cidermill Ave.
10019 Keele St.
4000 Hwy. 7

EAST

Ajax
RioCan Durham

Pickering
Pickering Town Centre

Oshawa
Oshawa Centre
Taunton-Harmony Plaza
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Whitby
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